



## Fried Green Tomatoes

 Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



50 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup self-rising corn meal mix white
- ☐ 4 egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 1.3 lb tomatoes green
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

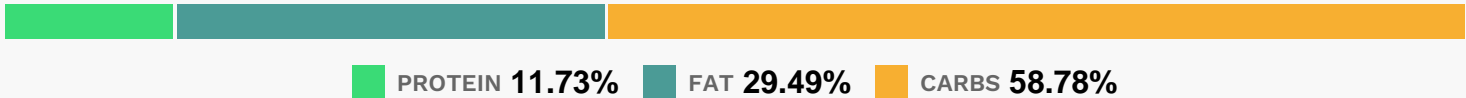
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

# Directions

- ☐ Cut tomatoes into 1/2-inch-thick slices; sprinkle with salt and pepper.
- ☐ Let stand 10 minutes.
- ☐ Combine cornmeal mix and panko in a shallow dish or pie plate.
- ☐ Place flour in a second shallow dish or pie plate.
- ☐ Whisk egg whites in a medium bowl until foamy. Dredge tomato slices in flour, shaking off excess. Dip in egg whites, and dredge in cornmeal mixture.
- ☐ Cook half of tomato slices in 1 1/2 Tbsp. hot oil in a nonstick skillet over medium heat 4 to 5 minutes on each side or until golden brown. Season with salt to taste.
- ☐ Place on a wire rack in a jelly-roll pan, and keep warm in a 225 oven. Repeat procedure with remaining tomato slices and oil.

# Nutrition Facts



# Properties

Glycemic Index:3.57, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:2.589565222354%

# Nutrients (% of daily need)

Calories: 50.43kcal (2.52%), Fat: 1.68g (2.59%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.86g (2.49%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 130.16mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin C: 4.72mg (5.72%), Folate: 21.82µg (5.46%), Vitamin B1: 0.08mg (5.25%), Phosphorus: 47.09mg (4.71%), Manganese: 0.08mg (3.88%), Vitamin B2: 0.06mg (3.8%), Iron: 0.54mg (3.02%), Vitamin B3: 0.59mg (2.95%), Vitamin A: 145.87IU (2.92%), Vitamin K: 3.01µg (2.86%), Fiber: 0.69g

(2.75%), Selenium: 1.84µg (2.63%), Calcium: 22.17mg (2.22%), Vitamin B6: 0.04mg (2.03%), Vitamin E: 0.28mg (1.87%), Potassium: 64.03mg (1.83%), Copper: 0.03mg (1.65%), Magnesium: 6.46mg (1.62%), Vitamin B5: 0.15mg (1.45%)